

the fixed surface and pivoting member connected such that a user of the apparatus positioned with his back against the back mattress, feet rested against the fixed surface, can push against the fixed surface to force a pivotal motion of the pivoting member.

31. An exercising apparatus comprising:

a fixed surface for supporting a user's feet, wherein said fixed surface is at an angle greater than 0° to a horizontal surface on which the apparatus rests, and wherein said angle of fixed surface is adjustable prior to use of the apparatus; and

a pivoting member including a back mattress;

the fixed surface and pivoting member connected such that a user of the apparatus positioned with his back against the back mattress, feet rested against the fixed surface, can push against the fixed surface to force a pivotal motion of the pivoting member.

32. A method of exercise comprising:

providing an exercise apparatus with a fixed surface for receiving a user's feet, said fixed surface angled at approximately 45° to a horizontal surface on which the apparatus rests;

providing a pivoting member including a back mattress for receiving the user's back;

repeatedly moving the pivoting member between first and second positions utilizing mainly the user's lower body muscles,

wherein in said first position, the user presses at least one foot against the fixed surface to force a motion of said pivoting member, placing the user in said second position,

wherein said user's respective knee is bent at a first angle in said first position, and extended to a second angle, greater than said first angle in said second position.

33. A method of exercise comprising:

providing an exercise apparatus with a fixed surface for receiving a user's feet, wherein said fixed surface is at an angle greater than 0° to a horizontal surface on which the apparatus rests and wherein said angle of fixed surface is adjustable prior to use of the apparatus;

providing a pivoting member including a back mattress for receiving the user's back;

repeatedly moving the pivoting member between first and second positions utilizing mainly the user's lower body muscles,

wherein in said first position, the user presses at least one foot against the fixed surface forcing a motion of the pivoting member, placing the user in said second position,

wherein said user's respective knee is bent at a first angle in said first position, and extended to a second angle, greater than said first angle in said second position.

34. An exercising apparatus comprising:

a base frame having first and second ends;

a footboard coupled to the base frame, approximately at said second end; and

a pivoting member including at least one pivoting supporting bar and a back mattress, said pivoting supporting bar having a bottom end pivotally and directly coupled to the base frame approximately at said first end of said base frame;

whereby a user of the apparatus positioned with his back pressed against the back mattress and feet rested on the footboard can push his legs to force a pivotal motion of the pivoting supporting bar.

35. The apparatus of claim 34 further comprising a fixed supporting bar pivotally coupled to the base frame, wherein said pivoting supporting bar can be supported on said fixed supporting bar.

36. The apparatus of claim 34 wherein said base frame comprises:

a transverse bar perpendicularly connected to at least one end of said base frame, whereby the apparatus is freestanding and portable.

37. The apparatus of claim 34 wherein said footboard is pivotally connected to said base frame.

38. The apparatus of claim 34 further comprising at least one elastic member for providing movement resistance to the pivoting supporting bar thereby increasing the force required to cause said pivotal motion.

39. An exercising apparatus comprising:

a base frame having first and second ends and a transverse bar perpendicularly connected to at least one end of said base frame, hereby the apparatus is freestanding;

a footboard pivotally coupled to the base frame, approximately at said second end;

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a pivoting member including at least one pivoting supporting bar and a back mattress, said pivoting supporting bar having a bottom end pivotally and directly coupled to the base frame approximately at said first end of said base frame;

at least one elastic member for providing movement resistance to the pivoting supporting bar thereby increasing the force required to cause said pivotal motion; and

a fixed supporting bar pivotally coupled to the base frame, wherein said pivoting supporting bar can be supported on said fixed supporting bar;

whereby a user of the apparatus positioned with his back pressed against the back mattress and feet rested on the footboard unit can push his legs to force a pivotal motion of the pivoting supporting bar.

40. An exercising apparatus comprising:

base supporting means including means for supporting the apparatus wherein the apparatus is freestanding;

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foot supporting means comprising means for securing said foot supporting means to said base supporting means at one end of said base supporting means; and

pivoting means including back supporting means, said pivoting means coupled to said base supporting means at an end opposite said foot supporting means.

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**STATUS OF CLAIMS AND SUPPORT FOR CLAIM**  
**CHANGES 37 CFR 1.173(c).**

In this reissue application, claims 1-40 are pending.

Claims 30-40 have been added to further delineate subject matter to which applicant is entitled.

Claim 30 is an independent claim for an exercising apparatus. Support for claim 30 can be found in claim 1, in the Detailed Description at column 2, lines 12-18, column 3 lines 12-27, and in FIGS. 2-10.

Claim 31 is an independent claim for an exercising apparatus. Support for claim 31 can be found in claim 1, in the Detailed Description at column 2, lines 12-18, column 3 lines 12-27, and in FIGS. 2-10.

Claim 32 is an independent claim for a method of exercise. Support for claim 32 can be found in claim 1, in the Detailed Description at column 2, lines 12-18, column 3 lines 12-27, and in FIGS. 2-10.

Claim 33 is an independent claim for a method of exercise. Support for claim 33 can be found in claim 1, in the Detailed Description at column 2, lines 12-18, column 3 lines 12-27, and in FIGS. 2-10.

Claim 34 is an independent claim for an exercising apparatus. Support for claim 34 can be found in claim 1, in the Detailed Description at column 2, lines 12-18, column 3 lines 12-27, and in FIGS. 2-10.

Claims 35-38 are dependant on claim 34.

Claim 35 provides for a fixed supporting bar pivotally coupled to the base frame. Support for claim 35 can be found in claim 1, in the Detailed Description at column 2, lines 12-18 and 46-63, and in FIG. 2.

Claim 36 provides for a transverse bar coupled to the base frame. Support for claim 36 can be found in claim 1, in the Detailed Description at column 2, lines 12-25, and in FIGS. 2-10.

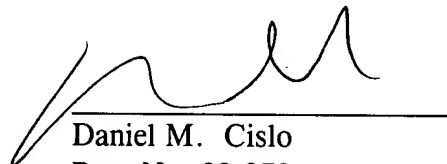
Claim 37 provides for a pivotal connection of the footboard to the base frame. Support for claim 37 can be found in claim 1, in the Detailed Description at column 2, lines 12-18 and 31-42, and FIG. 2-10.

Claim 38 provides for at least one elastic member for providing movement resistance. Support for claim 38 can be found in claim 1, in the Detailed Description at column 2, lines 12-18 and 56-63, and FIGS. 2-10.

Claim 39 is an independent claim for an exercising apparatus. Support for claim 39 can be found in claim 1, in the Detailed Description at column 2, lines 12-18, column 3 lines 12-27, and in FIGS. 2-10.

Claim 40 is an independent claim for an exercising apparatus. Support for claim 40 can be found in claim 1, in the Detailed Description at column 2, lines 12-18, column 3 lines 12-27, and in FIGS. 2-10.

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